

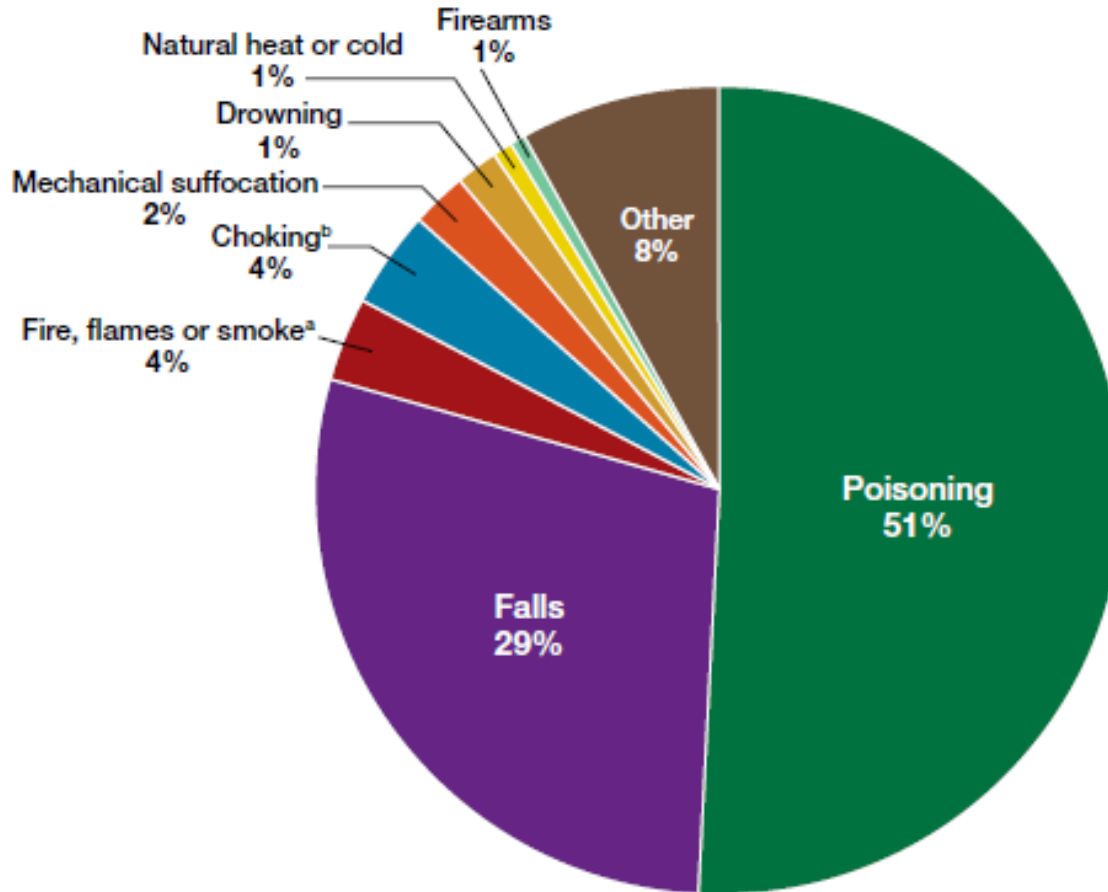
Slip Happens: Preventing Slips and Falls at Home

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Home Office Risk Improvement

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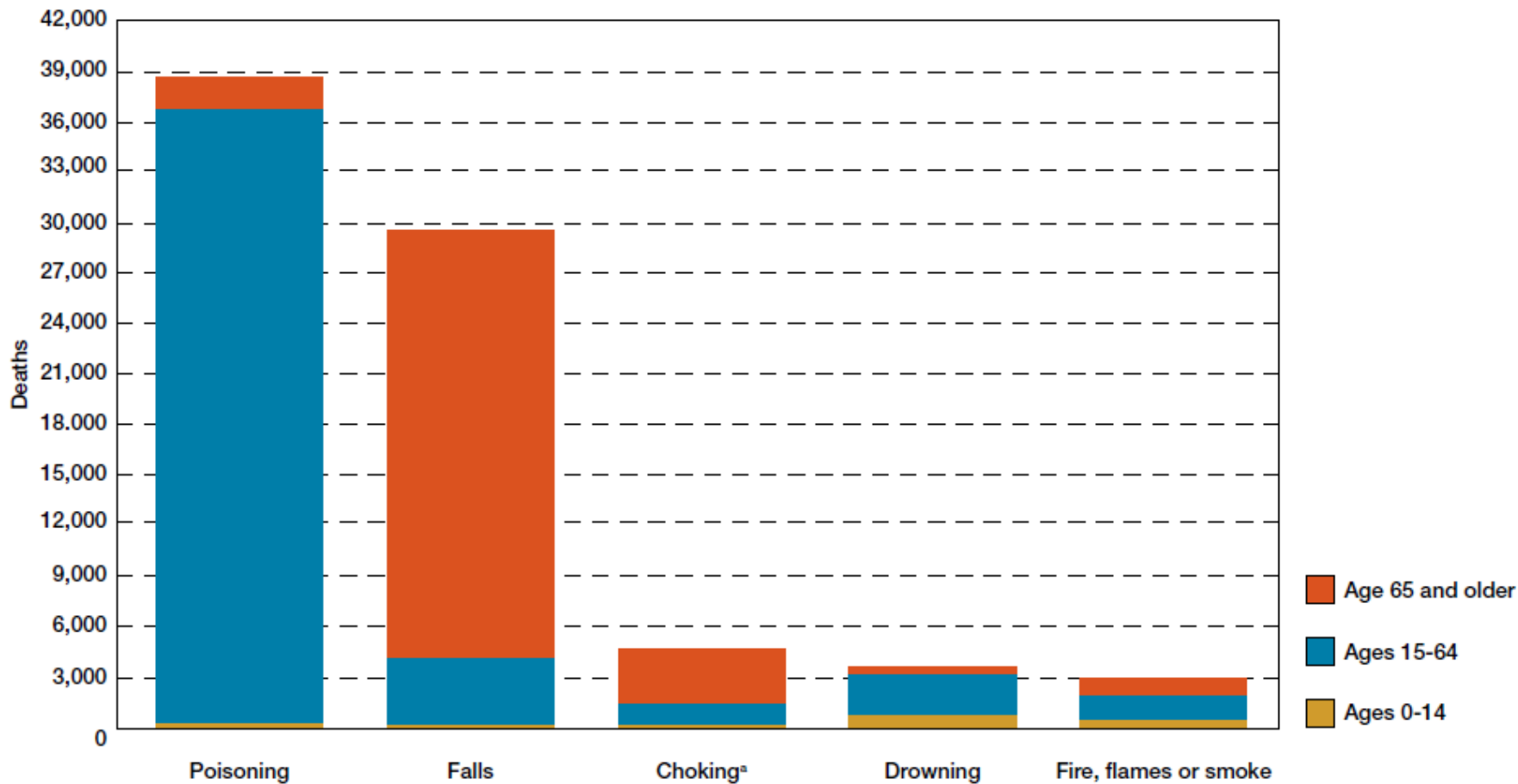
Unintentional Injury Deaths

Principal types of home unintentional-injury-related deaths, United States, 2013

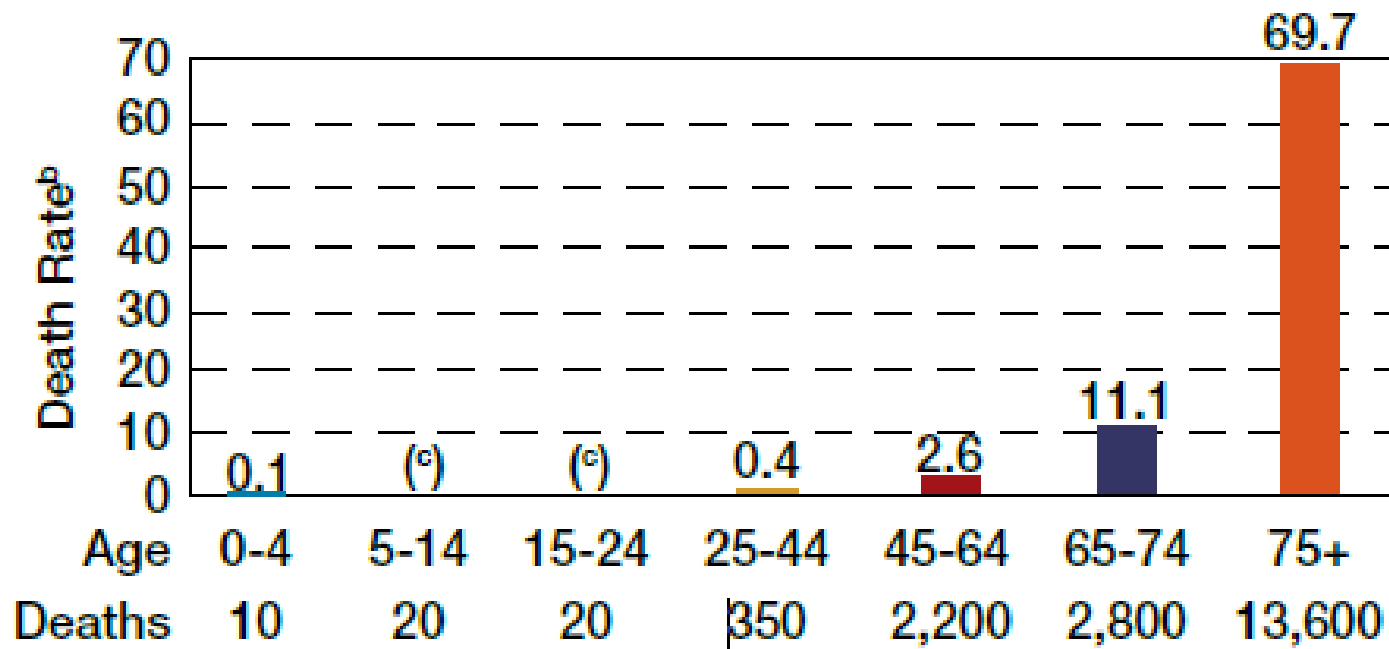


Unintentional Injury Deaths

Leading causes of unintentional-injury-related deaths in home and community, United States, 2013



Home Fall Deaths By Age



Some Cleaners Create Slippery Floors

Single
Application

After One
Month

	Pine Sol® Cleaner	+1% 	0% 
	Pledge® Grab It™ Wet Floor Wipes	+1% 	0% 
	Pledge® Orange Wood Floor Cleaner	+1% 	-11% 
	Spic and Span®	-12% 	-35% 
	Swiffer Wet™ Disposable Cloths	-25% 	-20% 
	Xtra-Pine®	-5% 	-20% 

Test results at:
www.nfsi.org

Wet/Slippery surfaces



Started out 0.64 SCOF (high traction)

After cleaning regularly with a Swifter: < 0.30 (low traction)

Wet/Slippery surfaces - treatments

Products are available to treat any hard-surfaced floor

www.noskidding.com

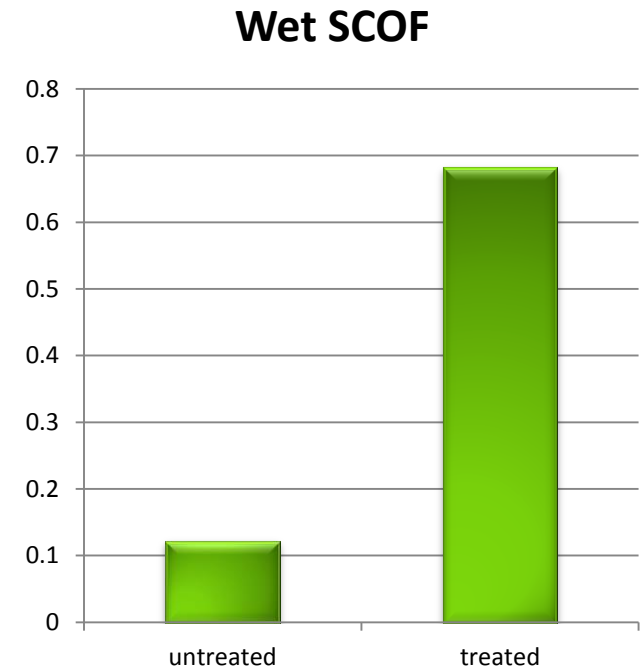
www.slipdoctors.com

www.tractionplus.com

www.slipperytile.com



Wet/Slippery Surfaces Surface Modifier Treatment



Prevention - Homes

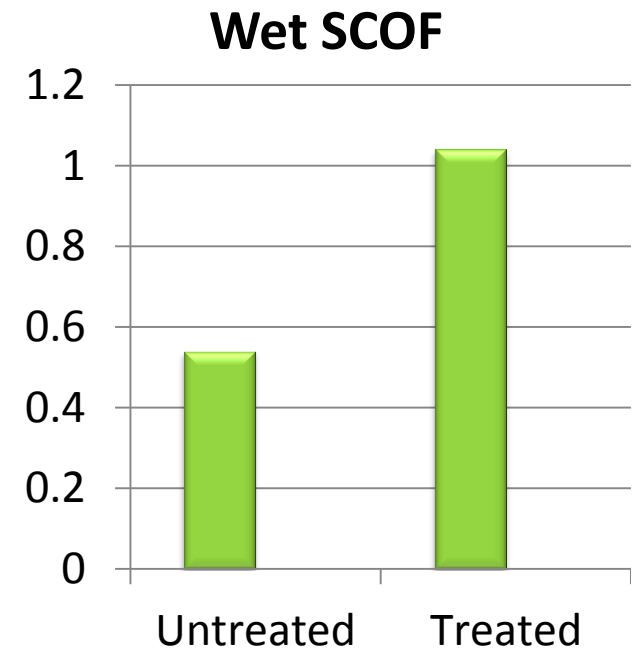


Treat slippery floors

Wet SCOF increased from .25 to .67 (168% increase)

Wet/Slippery surfaces

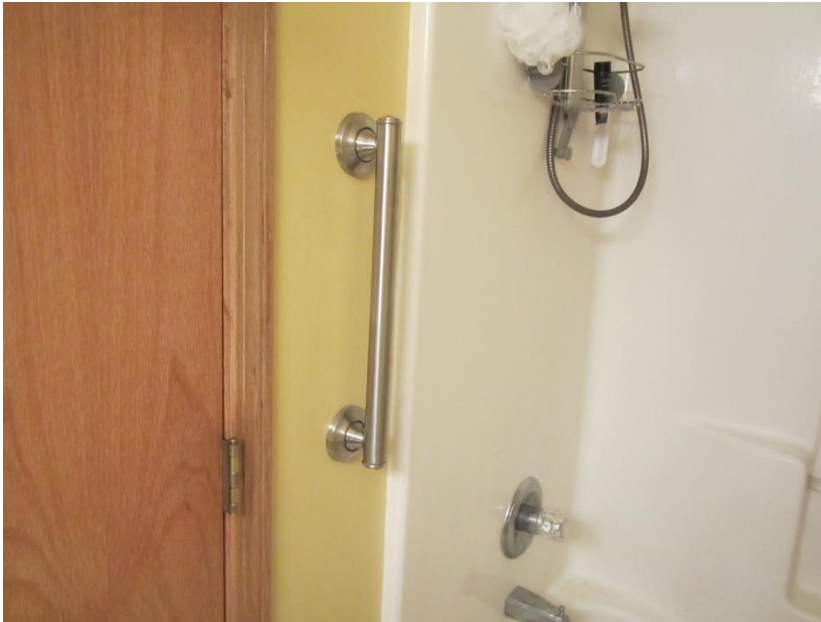
Garage Floors: Concrete Treatment



Grab



Textured grab bar cover



Mount to studs or use special
mounting hardware

Don't use towel bars!!



Suction models - balance
assistance only!

Walking Dynamics

85% of population use heel strike method

Heel Strike Phase

*“Hydroplaning” possible even if
high traction flooring*



- 1. Cannot recover from 10 cm foot slide***
- 2. 1 to 2 cm slide can cause falls***
- 3. Loose-fitting footwear, worn heels compounds risk***

Slow down, walk flat-footed to prevent hydroplaning

Footwear



Heels and soles should be inspected monthly

You inspect your tires regularly, right?

Prevention



- ✓ Slip resistant on wet and/or oily floors; softer rubber “grips the road”
- ✓ Flat heel = maximum contact area
- ✓ Honeycomb pattern: many leading edges, lets water escape, less hydroplaning

Slip Resistant Shoes: Healthcare



104 Items Found

Sort By Best Sellers for Healthcare



Aurora
Women's style# 9242
Factory Direct Price: **\$62.98**
Retail Price: ~~\$83.49~~
SAVE 24%

[QUICK VIEW](#) [BUY NOW >](#)



Piper New!
Women's style# 4304
Factory Direct Price: **\$79.98**
Retail Price: ~~\$95.49~~
SAVE 16%

[QUICK VIEW](#) [BUY NOW >](#)



Aurora
Women's style# 9243
Factory Direct Price: **\$62.98**
Retail Price: ~~\$83.49~~
SAVE 24%

[QUICK VIEW](#) [BUY NOW >](#)



Vitality New!
PRE-ORDER TODAY!
Women's style# 9244
Factory Direct Price: **\$52.98**
Retail Price: ~~\$66.49~~
SAVE 20%

[QUICK VIEW](#) [BUY NOW >](#)



www.shoesforcrews.com



Freestyle
Women's style# 7010
Factory Direct Price: **\$30.98**
Retail Price: ~~\$37.49~~
SAVE 17%

[QUICK VIEW](#) [BUY NOW >](#)



SFC Frogg@ Pro
style# 5008
Factory Direct Price: **\$34.98**
Retail Price: ~~\$45.49~~
SAVE 23%

[QUICK VIEW](#) [BUY NOW >](#)



Aurora
Women's style# 9043
Factory Direct Price: **\$62.98**
Retail Price: ~~\$83.49~~
SAVE 24%

[QUICK VIEW](#) [BUY NOW >](#)



SFC Frogg@ Classic II
style# 5010
Factory Direct Price: **\$31.98**
Retail Price: ~~\$41.49~~
SAVE 22%

[QUICK VIEW](#) [BUY NOW >](#)



FOCUSED



Footwear



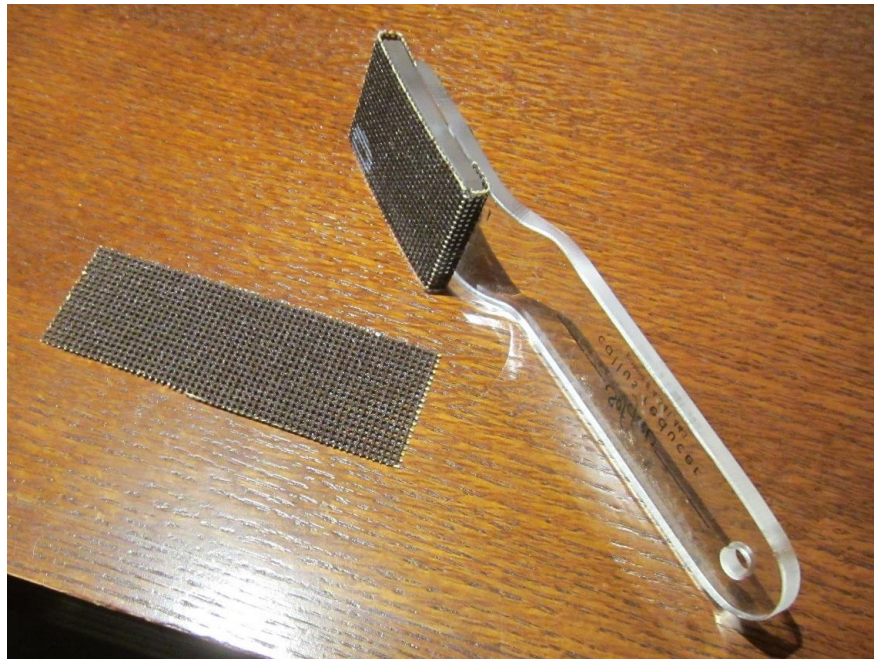
Prevention:

1. Buy shoes that fit snugly and avoid raised heels
2. Use a long-handled shoe horn if needed
3. Inspect soles and heels frequently
4. Buy footwear appropriate for expected walkway conditions
5. Use a spare set of shoes indoors - Avoid slippers and bare feet



Foot Issues

- ✓ **Callused, dry skin reduces traction**
- ✓ **Etch or treat tubs, showers and bathroom floors**



Safety standards currently being developed for wet barefoot conditions

Shower Shoes



These are not slip-resistant soles
(soft foam)

Flip flops are not recommended!

5. Stairs and Steps

- ✓ **Visibility and stair condition are critical**
- ✓ **Handrails should be “graspable”**
- ✓ **Consistent riser height & tread depth**
- ✓ **Knees and hips can give out**
- ✓ **Shoes with heels or loose-fitting shoes compound the risk**

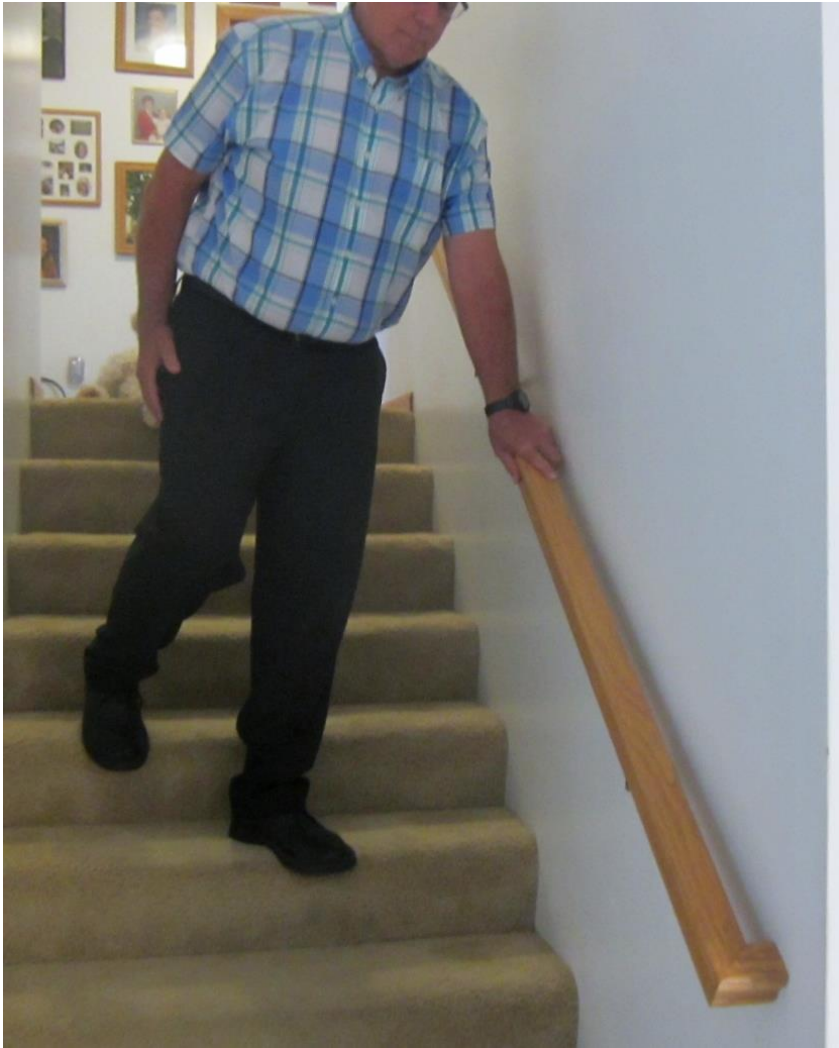
Handrails - graspability



8.25" perimeter

Round railing: 1.25 to 1.5 inch diameter (same as grab bars)
If not round, perimeter should be 4 to 6.25"

Handrails: Hand/Arm Strength?



Point hips toward railing



Keep hands free for gripping

Handrails: Hand/Arm Strength?



Sidestep, tension on extended arm when stepping

Stair Edge Awareness



No-slip strips for stairs – place 1.5” from step nosing

Stairs and Steps



More Prevention Tips:

1. Remove reading glasses before using stairs
2. New glasses or contacts? 2+ weeks to adjust
3. Don't access a dark stairway – turn on lights first Place motion-activated nightlight near steps
4. Use both handrails (if available)

Putting it All Together

Safe walking is like safe driving

1. **Avoid distractions:** No texting or reading when walking
2. **Look ahead for hazards:** 10-15 feet, use lights if dark
3. **Slow down when turning a corner:** Make wide turns and look for low lying objects
4. **Use your mirrors:** Look down and behind before backing up
5. **If slippery, slow way down:** Take 1/2 stride or less

Putting it All Together

Safe walking is like safe driving

- 6. **Buy tires with good traction:** Wear slip resistant footwear
- 7. **Inspect your tires:** Check shoe heels/soles regularly
- 8. **Keep windshield clear:** Get regular eye exams
- 9. **Get regular tune ups:** Get annual physicals, Rx review, take a Tai Chi class

Prevention - Homes



Handrails on both sides

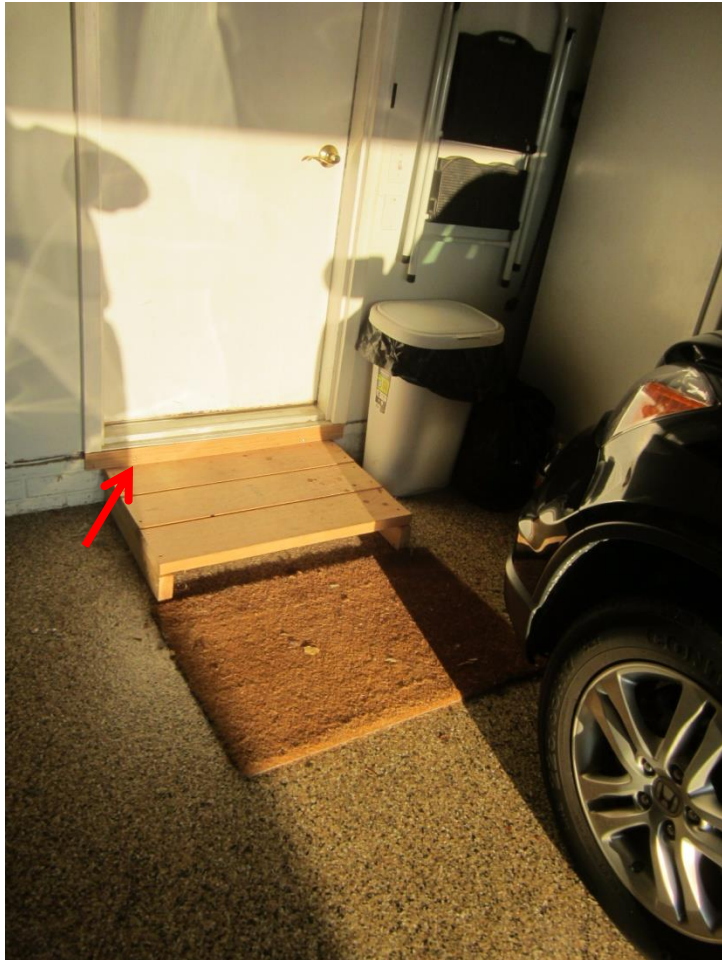
3 coats of gloss urethane improved grip

Prevention - Homes



Motion-activated LED nightlights

Prevention - Homes



1. Reduce step height. Was 8", now 5" (cost \$10)
2. ½" trim material added under threshold lip for stability



- Scraper mat
- Epoxy coating on floor, was smooth concrete
- Step stool kept handy

Prevention - Homes



Ask for paper at top of steps or designated holder

Prevention - Homes



Large tote bag keeps one hand free for handrail
Can be used as a laundry basket

Prevention - Homes



Route power cords to prevent tripping
Outdoor scraper mats help keep moisture out



FOCUSED



Prevention - Homes



Eliminate throw rugs

Use mats with slip resistant backing

Prevention - Homes



Add a graspable handrail onto existing 2x6 “handrail”

Prevention - Homes



Add contrasting, high traction step covers